



Spring 2006 Physical Fitness Test (PFT)

Preparation Manual for Testing and Reporting

Prepared by the
California Department of Education

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What's New for 2006?

The state-designated Physical Fitness Test (PFT) is the *FITNESSGRAM*®. For 2006, there are a few changes to the fitness area tests, the Healthy Fitness Zones (HFZs), and the data reporting requirements.

Progressive Aerobic Cardiovascular Endurance Run (PACER)

The HFZs, or performance standards, for the PACER have been modified to align them with the HFZs for the Walk Test. The past version of the PACER used standards based on the laps completed in order to avoid large age and gender disparities in the HFZs. These adjustments, however, led to inconsistencies with the estimates of VO_2 max scores used to standardize the different assessments of aerobic capacity. (The VO_2 max score reflects the maximum rate that oxygen can be taken into and used by the body during exercise.) The *FITNESSGRAM*® Scientific Advisory Board determined it was more appropriate to maintain the alignment with the other tests. Therefore, the original HFZs for the PACER have been reinstated.

Body Composition

The lower ends of the HFZs for the two measures of body composition (i.e., Skinfold Measurements and Body Mass Index) have been modified. The modifications were necessary to account for a *FITNESSGRAM*® reporting software gap that existed between the end of the HFZs and the point at which the "Very Low" designation would be generated. A "Very Low" body composition index will also include the message that being too lean may not be best for optimal health.

Pull-Up

The Pull-Up is no longer an option on the *FITNESSGRAM*®. Very few students can

successfully perform even one pull-up, and the assessment does not provide a good indicator of upper body strength. While pull-ups are a common assessment, the ability to perform a pull-up is not predictive of good health or fitness. The *FITNESSGRAM*® Scientific Advisory Board has removed the test as an option in the *FITNESSGRAM*® test battery. The removal of this test option requires teachers to select from the Push-Up, the Modified Pull-Up, or the Flexed-Arm Hang to measure upper body strength and endurance.

Flexed-Arm Hang

A mistake in the HFZ for 12 year-old boys for the Flexed-Arm Hang has been corrected. To fall within the HFZ for this test, 12 year-old boys are expected to hang by the arms and with their chin above the bar for 10 to 15 seconds.

California School Information Services (CSIS) Student Identifiers

The PFT *Student Record Layout* (see Appendix) now includes a CSIS student identifier. All local educational agencies (LEAs) are legislatively mandated to obtain student identifiers from CSIS by June 2005. New students continue to arrive or transfer into and out of school districts each day, and these new students may not have a student identifier assigned for some period of time after arrival. If a student has not been assigned a CSIS student identifier, this field should remain blank.

Student Record Layout

The following changes have been made to the acceptable ranges for certain variables of the *Student Record Layout*:

- The required charter school number is now four characters rather than three.



- Ethnicity code requirements have been revised to reflect the three-digit Standardized Testing and Reporting (STAR) Program primary ethnicity codes.
- Abdominal strength and trunk strength are two distinct test categories. Therefore, these categories have been separated into two distinct variables in the layout file.

FITNESSGRAM® 8.0

Human Kinetics has recently released a new version 8.0 of the *FITNESSGRAM®* software. If one uses *FITNESSGRAM®* 8.0 to collect test results and to send the data to Educational Data

Systems (EDS)*, the state contractor responsible for collecting and compiling the PFT results, the data must be exported using the “Export to FG6” option. (Version 8.0 does not have an option to export to an Excel file. When one selects “Export to FG6,” the file is saved as a Comma Separated Value [CSV] file.) If one uses *FITNESSGRAM®* 6.0, one must export the data using the custom format option and save the file as Excel 5.0. More complete instructions are found in this manual in the section entitled “Administering the Physical Fitness Test,” under the subhead “Test Materials” (Software Packages).

* In the context of this manual, EDS refers exclusively to Educational Data Systems, Inc. However, EDS is a registered trademark of Electronic Data Systems.



Administering the Physical Fitness Test

Student Participation

All students in grades five, seven, and nine must take the PFT during February, March, April, or May 2006. Students are required to participate whether or not they are in a physical education class. State law does not provide for any exceptions; therefore, every effort should be made to test all students.

Students With Disabilities

Students with disabilities who are unable to take the entire PFT should be given as much of the test as conditions permit. Every effort should be taken to ensure that students with disabilities are included in the PFT administration and provided individual testing variations as needed. The individualized education program (IEP) or Section 504 Plan team is responsible for deciding how children with disabilities will participate in the PFT. The *Matrix of Test Variations, Accommodations, and Modifications for the Administration of California Statewide Assessments* provides a list of the types of variations and accommodations that are available for the PFT. This chart is posted on the Internet at <http://www.cde.ca.gov/ta/tg/sa/>.

Students on a Block Schedule

The requirement to administer the PFT includes students who attend schools that are using a block schedule and whose students may not be enrolled in physical education classes during the PFT administration window (i.e., February, March, April, or May). More importantly, if schools in your school district are on a block, quarter, or alternative schedule in which students do not receive physical education instruction every 10 school days, these schools are in

violation of the California *Education Code* sections 51210 and 51222. The State Board of Education (SBE) may grant waivers of the requirement for physical education instruction every 10 school days for schools that meet the specific criteria established in SBE Policy #99-03. One of the criteria requires that "Students are prepared for and participate in the physical performance testing as specified in the California *Education Code*." A copy of the *Physical Education Block Schedule Waiver Criteria* can be located on the Internet at <http://www.cde.ca.gov/be/ms/po/policy99-03-June1999.asp>.

Test Materials

The *FITNESSGRAM*® will continue as the required PFT designated by the SBE. The designated district PFT coordinator should determine the test material needs for each school and place an order as early as possible.

Test Administration Manual

The updated third edition of the *FITNESSGRAM*® *Test Administration Manual* is designed to make *FITNESSGRAM*® assessments easier to understand and use in physical education classes. This edition includes user-friendly organization, photos, and a DVD that includes video clips of the test protocols, including common errors and correction strategies. The DVD also includes reproducible forms, charts, and certificates. Although school districts are not required to purchase copies of the updated third edition, it is strongly encouraged that the district PFT coordinator and every school administering the test purchase a copy, since the manual describes in detail how each test is administered, what is measured, and what limits are indicated for the tests (e.g.,



performance on the Trunk Lift is limited to 12 inches to discourage hyperextension). The second edition of the *FITNESSGRAM® Test Administration Manual* may continue to be used for test administration.

Options for Measuring Body Composition

The two methods for measuring body composition discussed in the *FITNESSGRAM® Test Administration Manual* are skinfold measurements and the calculation of body mass index. In addition to these two methods, automated skinfold calipers and bioelectric impedance instruments are permitted for measurement of body composition.

In the past, the use of bioelectric impedance analyzer (BIA) devices for body composition assessment has been limited because the devices are expensive and require the use of small electrodes on the skin. Recently, a number of new portable devices have been released on the market that are less expensive and easy to use. One device resembles a bathroom scale and produces an estimate of body composition when the participant stands on the device (in bare feet). Another handheld device from Omron estimates body composition when the participant grasps the two handles. A recent study by Ihmels and Welk (2005) reported that the Omron device yields similar estimates of body composition as the *FITNESSGRAM®* skinfold measurement approach for both boys and girls. A portable BIA scale from Tanita yielded comparable data for girls but tended to underestimate the body composition levels of boys. Correlations between skinfolds and the BIA instruments were high for all comparisons (exceeding .80 for both boys and girls), indicating that there is good overall agreement between the measurement approaches. The results support the use

of portable BIAs for conducting body composition measurements. The Omron device is the recommended device since it yielded the most accurate comparisons with the skinfold measures. It is important to note that a student's hydration status and prior exercise can influence accuracy of individual estimates from BIAs; therefore, manufacturer guidelines should be closely followed for these measurements.

While BIAs have been shown to be reasonably accurate, devices based on the infrared interactance method (e.g., Futrex) have not been shown to provide accurate estimates of body composition in children. Therefore, these devices cannot be used as part of the PFT.

Important Note:

BIAs, as well as automated skinfold calipers, are not available from Human Kinetics. If you have questions about allowable products, please contact the Standards and Assessment Division at (916) 319-0341 (phone).

Software Packages

The new *FITNESSGRAM®* 8.0 program is available in three versions—as a stand-alone CD-ROM for individual computers; as a small network version that can network with all computers within a school building; or as a Structured Query Language (SQL) Server version which can network all computers within an entire school district. The new program packages do not provide the ability to share data over the Internet; however, they do allow import and export capabilities along with strong networking options and a new parent and guardian report. For more information visit <http://www.fitnessgram.net/>.



FITNESSGRAM® 6.0 and 8.0 include software, available on CD-ROM, for entering data and generating reports. Although school districts are not required to use the *FITNESSGRAM*® software, they may find it effective for student instruction and parent and guardian involvement.

One of the features of the *FITNESSGRAM*® software allows student test data to be exported as text files which can be converted into the required reporting format. To use this option of *FITNESSGRAM*® 6.0, one must first export the data using the custom format option and save the file as Excel 5.0. Using *FITNESSGRAM*® 8.0, export the data using the “Export to FG6” option and save the CSV file. (Version 8.0 does not have an option to export to an Excel file. When one selects “Export to FG6,” the file is saved as a CSV file.) *FITNESSGRAM*® software prior to 6.0 cannot be used for transmitting results.

One must also complete and submit school demographic data for each school. The “School ID” field must include the 14-digit County-District-School (CDS) code appended with the 4-digit charter school number. The “District Identification,” “School Name,” and “District Name” fields on each record also must be included. The school demographic template can be found in the Appendix. Questions regarding the use of this reporting option should be directed to EDS at (408) 776-7646 (phone).

Ordering Materials

FITNESSGRAM® materials are not available from the CDE. Materials may be ordered from Human Kinetics. The toll-free phone number is (800) 747-4457, extension 2361. One needs to leave a message, which will be returned. Human Kinetics offers the supporting materials for the *FITNESSGRAM*® administration but does not

sell scannable sheets. The manual or any of the materials may be purchased separately. The entire *FITNESSGRAM*® 8.0 program, which includes all the software as well as the manual and supporting materials, may also be purchased. Information about *FITNESSGRAM*® may be found on the Internet at <http://www.fitnessgram.net/>. Click on the “Resources” button.

Important Note:

Human Kinetics should be contacted for information about *FITNESSGRAM*® materials only. They are not prepared to respond to questions about PFT administration policy, data collection, or electronic data transmittal. If you have further questions regarding PFT administration policies, please contact PFT@cde.ca.gov (e-mail) or (916) 319-0341 (phone). For questions regarding data collection or electronic data transmittal, please contact Maryse Doss, EDS Fitness Project Manager, at (408) 776-7646 (phone).

Training Video

Proper administration of the *FITNESSGRAM*® is included as a component of a training video about implementing the Physical Best Program. This video, *Physical Best Instructor Video*, may be obtained from Human Kinetics by calling (800) 747-4457 or by going to the Web site at <http://www.humankinetics.com/>. In the product search box, select “ISBN” in the drop-down menu and type in “0736003215.”

Important Note:

Those who purchase the updated third edition of the *FITNESSGRAM*® *Test Administration Manual* will receive a DVD that shows all the test protocols; therefore, it is not necessary to purchase the *Physical Best Instructor Video*.



Collecting and Reporting the Results

The PFT results are collected and reported every year. State, county, school district, and school results are posted on the Internet. The California Department of Education (CDE) also submits a report of the state PFT results to the Governor and the Legislature annually. The completion of these tasks requires that school districts submit their PFT results to the state. The following table outlines the schedule for collecting and reporting the PFT data.

Activity	Date
School districts submit PFT results to the CDE (via EDS)	By June 30
PFT results available on the Internet	By December 1
Report of results submitted to the Governor and the Legislature	By December 1

It is the responsibility of the school district to determine how student performance data will be collected and recorded. The agency the school districts have chosen to report their data or the school districts are responsible for compiling student data in an electronic format to send to EDS. Please read the *Directions for Electronic Reporting Options* (see Appendix) for descriptions of the available options for submitting the data.

Collecting School Results and Compiling the Data

Collecting and Reporting Data (see Appendix), provides a variety of steps a school district could take to collect student data and transfer it to an electronic format. These suggestions, while

not exhaustive, represent a summary of the procedures school districts have used in past years.

Data to Be Collected and Reported

Data to be collected and reported by school districts must include a record for each school and for every student in grades five, seven, or nine, whether or not he or she was fully tested, partially tested, or not tested at all. Data will not be accepted without completed forms for all schools and students. Data that are submitted without a school record will be considered incomplete. Special care should be taken to make sure that all students have their date of birth and gender recorded correctly. Without this information, student results cannot be calculated.

The information to be collected can be found on the school and student record layouts and the sample school and student data collection forms found in the Appendix. Information is the same on the respective forms, but formats are different. If a school district plans to report school and student data using e-mail, CD-ROM, or diskette, the record layouts should be used. Because there have been some changes to some of the specifications, please carefully review the *School Record Layout* and *Student Record Layout*. If data will be reported online, then the sample collection forms may be used to record the data prior to their online entry. School and student data collection forms should *not* be sent to EDS.

Data Collecting and Reporting Services

A small number of agencies offer data collection and reporting services. Most of these agencies charge a small fee per student to cover costs. School districts may elect to use these services.



The CDE will be working with EDS to collect and compile data after they have been forwarded from the school district or the agency the district has chosen to report its data. Mandated cost reimbursement has covered these costs in the past. For more information about these agencies, contact the Standards and Assessment Division at PFT@cde.ca.gov or (916) 319-0341 (phone). The CDE does not endorse or make any recommendation regarding these agencies.

Suggestions for Small School Districts

Online data entry is ideal for school districts with small numbers of students. The online data entry forms (school and student) are duplicates of the sample school or student data collection forms found in the Appendix. After teachers hand record student results, this information can easily be transferred to the Internet online entry form. The data are sent immediately to EDS electronically. To select this option you must first complete the *District Fitness Test Coordinator Contact Survey* and send the completed form to EDS at (408) 776-7696 (fax) to obtain a password, which will be returned by e-mail.

Important Note:

The district coordinator form is available on the Internet at <http://www.eddataonline.com/fitness/2006/>. If you have submitted a contact survey to EDS in the last two years, do not submit another survey unless the contact information has changed.

Questions regarding the use of the online reporting option should be directed to EDS at (408) 776-7646 (phone).

Cost Reimbursement

Costs incurred to administer, score, analyze, and report results of the PFT are recoverable as "state-mandated costs." The Office of the State Controller, which may be contacted at (916) 324-5729 (phone), administers cost recovery. Detailed mandated cost claim instructions are found at <http://www.sco.ca.gov/ard/local/locreim/>. Click on "School Districts - December 2004" found under the heading of "State Mandated Cost Manuals." Once the manual is open, click on "Physical Performance Tests" in the Table of Contents.



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Collecting and Reporting Data

2006 Physical Fitness Test

Suggestions for School Districts

The following suggestions for collecting student performance results have been used by school districts in past years. School districts may have other procedures they wish to use.

Suggested Options	Collecting and Reporting Process				
	Step 1	Step 2	Step 3	Step 4	Step 5
I Hand Data Entry	School district develops data collection form. (State provides sample forms.)	Teachers record performance task scores by hand.	School district transfers data to electronic format and compiles results.	School district provides results back to schools and teachers.	School district sends data to EDS.*
II Data-Entry Web Site	School district uses state-developed sample data collection form.	Teachers record performance task scores by hand.	Teachers or school district personnel enter data onto Web site designed for online PFT data entry. Data goes directly to EDS.	School district provides results back to schools and teachers.	N/A
III Scannable Forms	School district develops scannable forms.	Teachers record performance task scores on scannable forms.	School district compiles data electronically.	School district provides results back to schools and teachers.	School district sends data to EDS.*
IV FITNESSGRAM® Software**	School district uses FITNESSGRAM® software.	Teachers record performance task scores using FITNESSGRAM® software.	School district exports data from FITNESSGRAM® software into state format.**	School district and/or teacher uses software to create student and parent results.	School district sends data to EDS.*
V Outside Agency Contract	School district contracts with one of many fee-for-service agencies.	Teachers record performance task scores by hand or on scannable forms, depending upon agreement with contracted agency.	Contracted agency compiles data electronically.	Depending upon agreement, agency provides school district and schools with results.	Agency sends data to EDS or sends data back to school district and school district sends data to EDS.*

* See *Directions for Electronic Reporting Options* in the Appendix.

** To use this option, the data from FITNESSGRAM® 6.0 must be exported using the custom format option. The file should be saved as Excel 5.0. From FITNESSGRAM® 8.0 use the "Export to FG6" option and save as a CSV file.

Directions for Electronic Reporting Options 2006 Physical Fitness Test

Reporting Physical Fitness Test (PFT) Data

Once the data from the PFT have been collected for each school, school districts or their contracting agency must select one of the following options for submitting the data:

1. Internet data entry

This is a good option for school districts with small numbers of students. The school district representative enters student data one-by-one into a Web page data-collection form. To select this option you must enter the district PFT coordinator's password. To obtain the password, see below.

2. Standard format files attached to e-mail

Individual student data and school demographic data are compiled into one or two files and then attached to an e-mail message directed to Educational Data Systems (EDS). Files larger than two megabytes (approximately 8200 students in flat ASCII file format) should be compressed or sent by CD-ROM or diskettes.

3. CD-ROM or diskette in standard format files

Individual student data and school demographic data are compiled, then stored on CD-ROM or diskette and forwarded to EDS.

Obtaining a District PFT Coordinator's Password

If your school district has a district PFT coordinator, contact him or her for the password. If not, your school district must complete the *District Fitness Test Coordinator Contact Survey* and fax the completed form to EDS. A password will be returned to the coordinator by e-mail. The form is available at <http://www.eddataonline.com/fitness/2006/>. If you have submitted a contact survey to EDS in the last two years, please do

not submit another survey unless your contact information has changed.

Standard File Formats

EDS will accept data in a number of standard Windows PC file formats, as listed below. Please leave entries blank or null for tests not taken. The scoring programs treat a result of zero differently from a blank score. (A zero is scored as a test taken with a result of zero, such as 0 push-ups were achieved. A blank is scored as a test not taken.)

1. Flat ASCII file

Files in this format are relatively small. Please read the school and student record layouts in the Appendix for details on the file specifications required for this format. The file layouts are also available on the Web site: <http://www.eddataonline.com/fitness/2006/>.

2. MS Excel and MS Access Templates

These files are larger than the flat ASCII files, and Excel or Access must be installed on your computer. You may download a pre-formatted template (in four different formats) from the Web page, or you may contact EDS for assistance. This option includes Excel 6.0 or 5.0, Access '97, or Access 2000.

3. *FITNESSGRAM*® 6.0 and 8.0

School districts that use *FITNESSGRAM*® 6.0 to collect fitness data should export the data using the custom format option and save the file as Excel 5.0. School districts using *FITNESSGRAM*® 8.0 should use the "Export to FG6" option and save the file in CSV format. (Version 8.0 does not have an option to export to an Excel file. When one selects "Export to FG6," the file is saved as a CSV file that can be opened up in Excel.)

Directions for Electronic Reporting Options 2006 Physical Fitness Test

Macintosh Users

Macintosh users may use the same data submission methods and file formats described previously. Since files created on a Macintosh can look different on a Windows PC, please let EDS know if you have used a Macintosh to create your files.

Submission Deadline:
Data will be collected February through May 2006 and must be submitted to Educational Data Systems by June 30, 2006.
Additional Information:
Contact Maryse Doss, EDS Fitness Project Manager at: (800) 532-4424 (toll free) (408) 776-7646 (phone) (408) 776-7696 (fax) <i>fitness@eddata.com</i> (e-mail) <i>http://www.eddataonline.com/fitness/2006/</i>

School Record Layout

2006 Physical Fitness Test

Variable	Type	Size	Begin	End	Comments
County Code	Alpha	2	1	2	
School District Code	Alpha	5	3	7	
Charter School Number	Alpha	4	8	11	0000 for dependent charter schools and public schools
School Code	Alpha	7	12	18	
School District Name	Alpha	30	19	48	
School Name	Alpha	30	49	78	
Grade	Alpha	2	79	80	05, 07, or 09
Number of Students in this Grade at this School (Use current enrollment.)	Numeric	4	81	84	
Number of Students Tested	Numeric	4	85	88	
Number of Students Not Tested (Student did not attempt any part of the test.)	Numeric	4	89	92	
Reasons Why Students Were Not Tested (Provide a count of students for each reason.)					
• Absent on test dates and all make-up sessions	Numeric	4	93	96	
• Waiver granted by the SBE	Numeric	4	97	100	
• IEP/Disabilities	Numeric	4	101	104	
• Extraordinary circumstances	Numeric	4	105	108	
• Medical excuse	Numeric	4	109	112	
Total*	Numeric	4	113	116	
Filler	Alpha	54	117	170	Blanks
Character Constant	Alpha	1	171	171	Z

* Total should match the "Number of students not tested" above.

ALL NUMERIC FIELDS WITH DATA MUST BE ZERO-FILLED AND RIGHT JUSTIFIED.

If the School Record Layout file is not included with the results, the data will be considered incomplete.

Student Record Layout

2006 Physical Fitness Test

Variable	Type	Size	Begin	End	Valid Ranges*
County Code	Alpha	2	1	2	
District Code	Alpha	5	3	7	
Charter School Number	Alpha	4	8	11	0000 for dependent charters & public schools
School Code	Alpha	7	12	18	
District Name	Alpha	30	19	48	
School Name	Alpha	30	49	78	
Grade	Alpha	2	79	80	05, 07 or 09
Date of Birth	Date	8	81	88	MMDDYYYY
Gender	Alpha	1	89	89	(M or F)
Ethnicity	Numeric	3	90	92	See Table 1 for values
Aerobic Capacity (select one) PACER (20m) (number of laps) or Mile Run (minutes) Mile Run (seconds) or Walk Test (minutes) Walk Test (seconds) Heart Rate (number of beats/15 seconds) Weight (pounds)	Numeric Numeric Numeric Numeric Numeric Numeric Numeric	2 2 2 2 2 2 3	93 95 97 99 101 103 105	94 96 98 100 102 104 107	(00 – 99) (00 – 99) (00 – 59) (00 – 99) (00 – 59) (00 – 99) per 15 sec. (000 – 999)
Body Composition (select one) Skinfold Measurement Triceps (millimeters) Calf (millimeters) or Body Mass Index Height (feet) Height (inches) Weight (pounds) or Bioelectric Impedance/ Automated Skinfold Calipers (percent body fat)	Numeric Numeric Numeric Numeric Numeric Numeric Numeric	2 2 2 2 2 3 4	108 110 112 114 116 119	109 111 113 115 118 122	(00 – 99) (00 – 99) (00 – 99) (00 – 11) (000 – 999) (00.0 – 99.9)
Abdominal Strength Curl-Ups (number completed)	Numeric	2	123	124	(00 – 75)

Student Record Layout

2006 Physical Fitness Test

Variable	Type	Size	Begin	End	Valid Ranges*
Trunk Strength Trunk Lift (inches)	Numeric	2	125	126	(00 – 12)
Upper Body Strength (select one) Push-Ups (number completed) or Modified Pull-Ups (number completed) or Flexed Arm Hang (seconds)	Numeric Numeric Numeric	2 2 2	127 129 131	128 130 132	(00 – 99) (00 – 99) (00 – 99)
Flexibility (select one) Sit and Reach Left (inches) Right (inches) or Shoulder Stretch Left Right	Numeric Numeric Numeric Numeric Numeric	2 2 1 1	133 135 137 138	134 136 137 138	(00 – 12) (00 – 12) (“1” for Pass, “2” for fail) (“1” for Pass, “2” for fail)
Reason for Incomplete Data	Numeric	2	139	140	Values (10 – 15; 20 – 25) or blank See Table 2 for values
Student Name Student Last Name Student First Name Student Middle Initial	Alpha Alpha Alpha	12 8 1	141 153 161	152 160 161	
CSIS Statewide Student ID	Alpha	10	162	171	Blank if the student doesn't have a CSIS ID

* Fields must fall in the ranges specified.

ALL NUMERIC FIELDS WITH DATA MUST BE ZERO-FILLED AND RIGHT JUSTIFIED.

Fields with no data must be left blank.

Student Record Layout

2006 Physical Fitness Test

TABLE 1 – Values for Ethnicity

100 – American Indian or Alaskan Native	302 – Guamanian
201 – Chinese	303 – Samoan
202 – Japanese	304 – Tahitian
203 – Korean	399 – Other Pacific Islander
204 – Vietnamese	400 – Filipino
205 – Asian Indian	500 – Hispanic or Latino
206 – Laotian	600 – African American or Black (not of Hispanic origin)
207 – Cambodian	700 – White (not of Hispanic origin)
299 – Other Asian	999 – Declined to state
301 – Native Hawaiian	

TABLE 2 – Values for Incomplete Data

Values for Student Not Tested (Student did not attempt any part of the test.)
10 – Absent on test date and all make-up sessions for all tasks
12 – Waiver granted by the State Board of Education
13 – Individualized education program (IEP)/Disabilities
14 – Extraordinary circumstances
15 – Medical excuse
Values for Student with Partial Data (Student completed part of the test.)
20 – Absent on test date and all make-up sessions for one or more tasks
22 – Waiver granted by the State Board of Education
23 – Individualized education program (IEP)/Disabilities
24 – Extraordinary circumstances
25 – Medical excuse

SAMPLE – School Data Collection Form

2006 Physical Fitness Test

This form is for your convenience in collecting data for electronic submission. Please do not send this form to EDS.

A. County – District – School Code: _____ – _____ – _____

B. School District Name: _____

C. School Name: _____

D. Charter School Number: _____ ('0000' for dependent charters or public schools)

E. Grade Level:	05	07	09
F. Number of students in this grade at this school: (Use current enrollment.)			
G. Number of students tested:			
H. Reason students not tested: (Provide a count of students for each reason.)			
Absent on test date and all make-up sessions			
Waiver granted by the State Board of Education			
Individualized education program (IEP)/Disabilities			
Extraordinary circumstances			
Medical excuse			
Total number of students not tested:			

SAMPLE – Student Data Collection Form

2006 Physical Fitness Test

This form is for your convenience in collecting data for electronic submission. Please do not send this form to EDS.

Student Name: _____ Test Date: _____ CSIS Student ID #: _____

I. STUDENT DEMOGRAPHICS – Fill in all information whether student has tested or not.

A. County-District-School Code _____ – _____ – _____

B. School District Name: _____

C. School Name: _____

D. Charter School Number: _____ ('0000' for dependent charters or public schools)

E. Grade: _____ (5, 7, or 9)

F. Date of Birth (required): _____ (mm/dd/yyyy)

G. Gender (required): _____ (M/F)

H. Ethnicity: _____ (enter ethnicity code from Table 1)

I. Reason for Incomplete Data – Check one of the boxes and choose one of the following.

☐ **Student not tested**

☐ **Student with partial data**

_____ Absent on test date and all make-up sessions

_____ Extraordinary circumstances

_____ Waiver granted

_____ Medical excuse

_____ Individualized education program (IEP)/Disabilities

★ ★ ★ ★ ★ ★ ★ ★ *Continue to Section II if student has tested or partially tested.* ★ ★ ★ ★ ★ ★ ★ ★

II. INDIVIDUAL STUDENT SCORES – Fill in all applicable data for each item below.

A. Aerobic Capacity (select one)

1) PACER (20 meter)

2) Mile Walk/Run

3) Walk Test

(# of laps) _____

_____ Min.

_____ Min.

Heart Beats _____

_____ Sec.

_____ Sec.

(# of beats in 15 sec.)

Weight (lbs.) _____

B. Body Composition (select one)

1) Skinfold Measurement

2) Body Mass Index

3) Bioelectric Impedance/

Triceps (mm) _____

Height (ft., in.) _____

Automated Skinfold Caliper

Calf (mm) _____

Weight (lbs.) _____

% Body Fat _____

C. Abdominal Strength

Abdominal Curl-Ups _____ (# of curl-ups. Not to exceed 75.)

D. Trunk Strength

Trunk Lift _____ (# of inches. Not to exceed 12 in.)

E. Upper Body Strength (select one)

1) Push-Ups

2) Modified Pull-Ups

3) Flexed-Arm Hang

(# of push-ups) _____

(# of pull-ups) _____

(# of seconds) _____

F. Flexibility (select one)

1) Back-Saver Sit and Reach

Left Side _____ (# of inches. Not to exceed 12 in.)

Right Side _____

2) Shoulder Stretch (P for Pass or F for Fail)

Left Side _____ (P/F)

Right Side _____ (P/F)

SAMPLE – Student Data Collection Form

2006 Physical Fitness Test

TABLE 1 – Values for Ethnicity

100 – American Indian or Alaskan Native	302 – Guamanian
201 – Chinese	303 – Samoan
202 – Japanese	304 – Tahitian
203 – Korean	399 – Other Pacific Islander
204 – Vietnamese	400 – Filipino
205 – Asian Indian	500 – Hispanic or Latino
206 – Laotian	600 – African American or Black
207 – Cambodian	(not of Hispanic origin)
299 – Other Asian	700 – White (not of Hispanic origin)
301 – Native Hawaiian	999 – Declined to state